

BIOHACK NOTES



REPRODUCTIVE HEALTH

- BASED ON ACTIVE RECALL AND SPACED REPETITION
- TARGET 360/360 IN NEET BIOLOGY & 100/100 IN BOARDS!



PARTH GOYAL





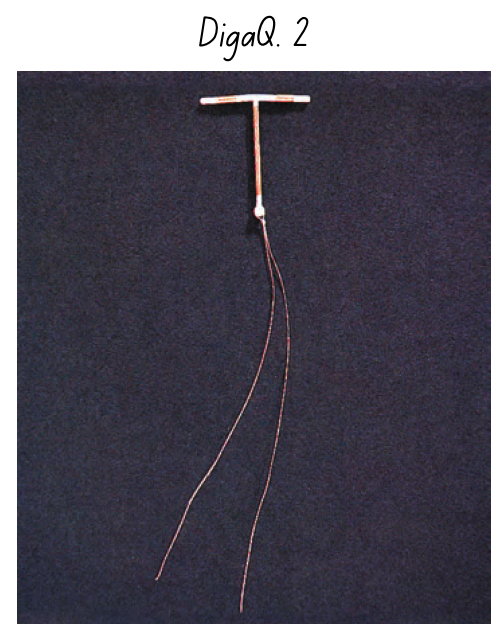
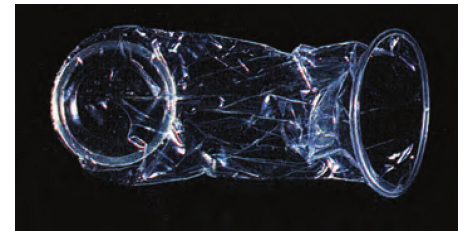
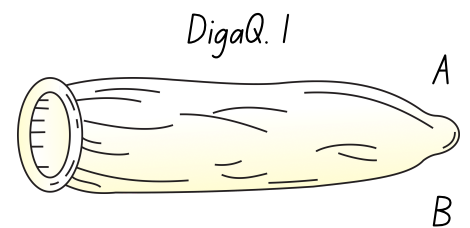
• INTRODUCTION

1. "Family planning" programs were initiated in India in year _____
2. RCH full form -
3. Statutory ban on _____ for sex determination because of increasing _____ foeticides. (NEET)
4. Amniocentesis is used to test the presence of disorders like - (3) (NEET)
5. Saheli was developed by scientist at _____
6. World population was ____ billion in 1900 and ____ billion in 2000.
7. India population was _____ at the time of independence crossed 1 billion in _____
8. Population rate was less than _____% according to census report of 2011.



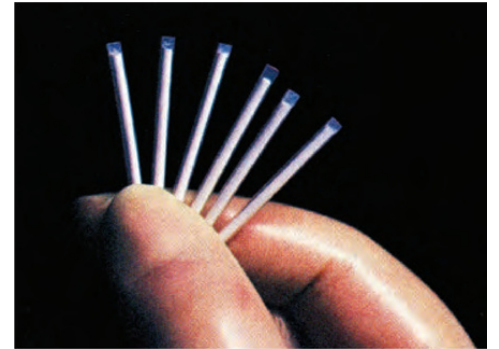
• CONTRACEPTIVES

9. What are the features of an ideal contraceptive ? (6)
10. Name all the methods of contraception (7) -
11. Ex of a natural method -
12. Couples avoid coitus from day ____ to ____ of the menstrual cycle in periodic abstinence.
13. _____ is a method in which the male partner withdraws his penis from the vagina just before ejaculation.
14. What is lactational amenorrhea ?
15. Lactational amenorrhea is effective only upto ____ months following parturition.
16. _____ is a popular brand of condom.
17. Nirodh is for male/female.
18. Condoms are made of thick/thin _____ or _____
19. Condoms also protect from _____ and _____
20. _____, _____, _____ are also barriers made of rubber inserted into the female reproductive tract.
21. They cover _____ during coitus.
22. Barriers asked in Q.20 are reusable. T/F
23. Things used along with these barriers to increase their contraceptive efficiency are - (3)
24. IUDs are best as they give privacy to the user. T/F
25. IUDs are inserted in -
26. Tell the 3 types of IUDs - (NEET)
27. Ex of non-medicated IUD (I) - (NEET)

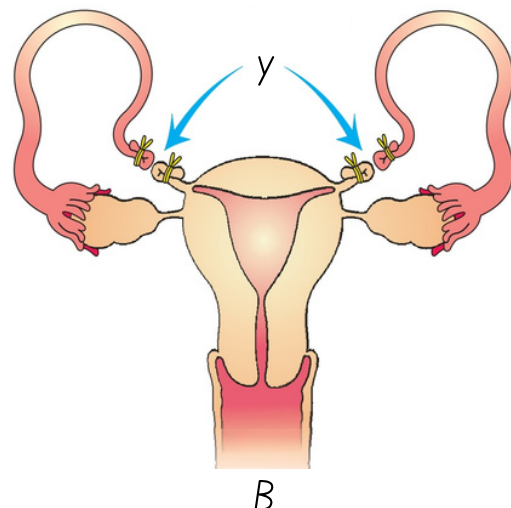
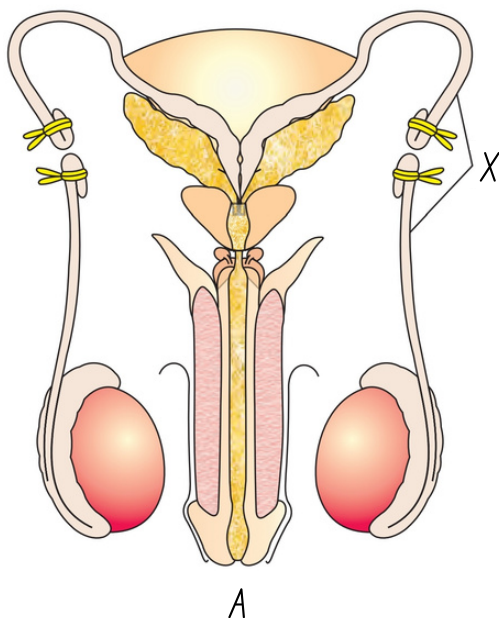


28. Ex of copper releasing IUDs (3) - (NEET)
29. Ex of hormone releasing IUDs (2) - (NEET)
30. IUDs increase _____ of sperms. (NEET)
31. Cu fxn in IUDs (2) - (NEET)
32. Hormone releasing IUDs make uterus _____ and cervix _____ (NEET)
33. _____ are ideal contraceptives for females. (NEET)
34. Progestogen and progesterone are same thing, i.e. they are synonyms. T/F
35. Oral administration of either _____ or _____ combinations is another contraceptive method used by the females. (NEET)
36. Pills have to be taken daily for a period of _____ days.
37. We should start taking pills within _____ days of menstrual cycle.
38. A gap of _____ days is given between pills.
39. What pills do ? - (3)
40. Pills are very effective and have less side effect. T/F
41. _____ are well accepted by the females.
42. _____ is a new non-steroidal oral contraceptive drug.
43. _____ is a "once a week" pill.
44. Progestogens alone or in combination with estrogens can be used by females as _____ and _____.
45. Emergency pregnancies due to rape etc can be prevented by 3 ways administrated within _____ hrs of coitus. Name the 3 ways.
46. Surgical methods are also called _____ (NEET)
47. _____ is the terminal method to prevent pregnancy.
48. Incision in _____ is done in vasectomy.
49. Incision in _____ or through _____ is done in tubectomy.
50. The technique with high effectivity but poor reversibility are - (2) (NEET)

DigaQ. 3



DigaQ. 4





• MEDICAL TERMINATION OF PREGNANCY (MTP)

51. Nearly ____ to ____ million MTPs are performed in a year.
52. This accounts to ____ % of the total no. of conceived pregnancies in a year.
53. MTP is also called _____
54. Gov. of India legalised MTP in year _____
55. MTP is safe till _____
56. MTP cannot be done legally after 12 weeks. T/F



• SEXUALLY TRANSMITTED INFECTIONS (STI)

57. STI are also called _____ or _____
58. Name common STIs (8) -
59. _____ is the most dangerous STI.
60. Except _____, _____, _____ other diseases are completely curable if detected early.
61. Females infected with STI may often be asymptomatic and hence, may remain undetected for long. T/F
62. PID full form -
63. STI incidence is high in the age group -



• INFERTILITY

64. ET full form - (NEET)
65. ZIFT full form - (NEET)
66. IUT full form - (NEET)
67. GIFT full form - (NEET)
68. ICSI full form - (NEET)
69. AI full form - (NEET)
70. IUI full form - (NEET)
71. Embryos less than 8 blastomeres are transferred in _____, and more than 8 blastomeres are transferred using _____ technique. (NEET)
72. In GIFT, sperms are transferred to fallopian tube. T/F (NEET)
73. In AI, sperms are transferred to fallopian tube. T/F (NEET)
74. _____ is the best methods for couples looking for parenthood.
75. Define Infertility -



REPRODUCTIVE HEALTH



PARTH GOYAL



ANSWERS

• INTRODUCTION

1. 1951
2. Reproductive and Child Health Care
3. Amniocentesis, female
4. Down syndrome, haemophilia, sickle cell anemia
5. Central Drug Research Institute (CDRI)
6. 2 billion, 6 billion
7. 350 million, 2000
8. 2

• CONTRACEPTIVES

9. User-friendly, easily available, effective, reversible, no or least side-effects, should not interfere with the sexual drive
10. Natural/Traditional, Barrier, IUDs, Oral contraceptives, Injectables, Implants and Surgical methods
11. Periodic abstinence
12. 10-17
13. Coitus interruptus
14. Absence of menstruation during lactational period
15. 6
16. Nirodh
17. Male
18. Thin rubber, latex sheath
19. STI and AIDS
20. Diaphragms, cervical caps and vaults
21. Cervix
22. T
23. Spermicidal creams, jellies and foams
24. F
25. Uterus
26. Non-medicated, copper releasing and hormone releasing
27. Lippes loop
28. CuT, Cu7, Multiload 375

29. Progestasert, LNG-20
30. Phagocytosis
31. suppress sperm motility and the fertilising capacity of sperms
32. Unsuitable for implantation, hostile to sperms
33. IUDs
34. F, progesterone is a type of progestogen
35. Progestogen, progestogen-estrogen
36. 21
37. First five
38. 7
39. Inhibit ovulation, inhibit implantation, alter the quality of cervical mucus to retard entry of sperm
40. T
41. Pills
42. Saheli
43. Saheli
44. Injections or implants
45. 72 hrs, 3 ways - Administration of progestogens or progestogen-estrogen combinations or IUDs
46. Sterilisation
47. Sterilisation
48. Scrotum
49. Abdomen, vagina
50. Vasectomy, tubectomy

• MTP

51. 45-50
52. 20
53. Induced abortion
54. 1971
55. 1st trimester
56. F



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• STI

- 57. Venereal disease or reproductive tract infection
- 58. Gonorrhoea, syphilis, genital herpes, chlamydiasis, genital warts, trichomoniasis, hepatitis-B, AIDS
- 59. HIV infection/AIDS
- 60. hepatitis-B, genital herpes and HIV
- 61. T
- 62. Pelvic inflammatory diseases
- 63. 15-24 yrs

• INFERTILITY

- 64. Embryo transfer
- 65. Zygote intra fallopian transfer
- 66. Intra-uterine transfer
- 67. Gamete intra fallopian transfer
- 68. Intra cytoplasmic sperm injection
- 69. Artificial insemination
- 70. Intra-uterine insemination
- 71. Fallopian tube, IUT

- 72. F, ovum is transferred not sperm
- 73. F, they are transferred into vagina and uterus
- 74. Adoption
- 75. Inability to conceive or produce children even after 2 years of unprotected sexual cohabitation is called infertility

• DigaQs

DigaQ. 1 - Condom

A - for male

B - for female

DigaQ. 2 - Copper T (CuT)

DigaQ. 3 - Implants

DigaQ. 4 - Sterilisation

A - Vasectomy

X - Vas deferens tied and cut

B - Tubectomy

Y - Fallopian tubes tied and cut



SCAN AND DONATE US SO THAT WE
CAN CREATE MORE SUCH QUALITY
CONTENT FOR YOU!

JUST ₹10-20 WILL BE APPRECIABLE! :)



Physics class



Chemistry class



Biology - Reproduction class



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